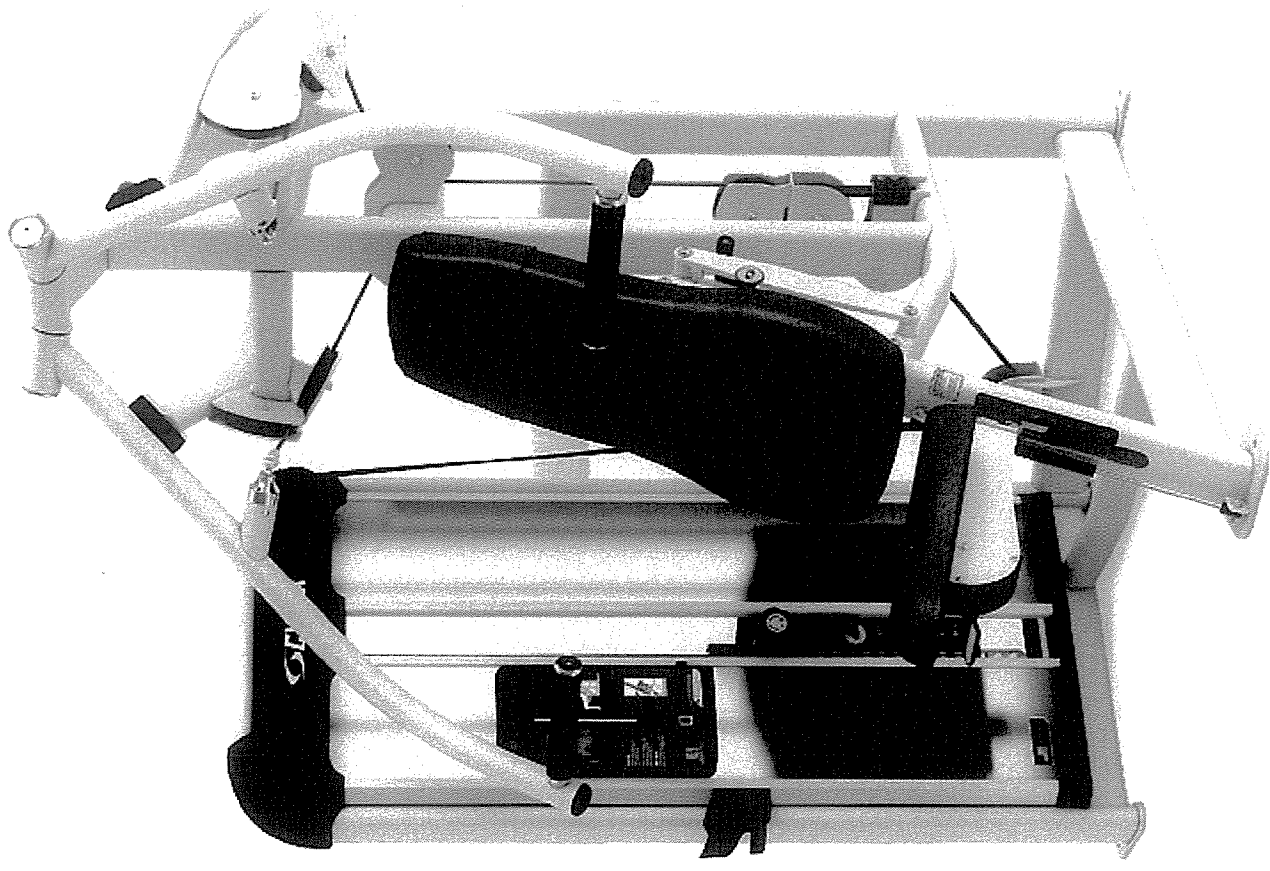


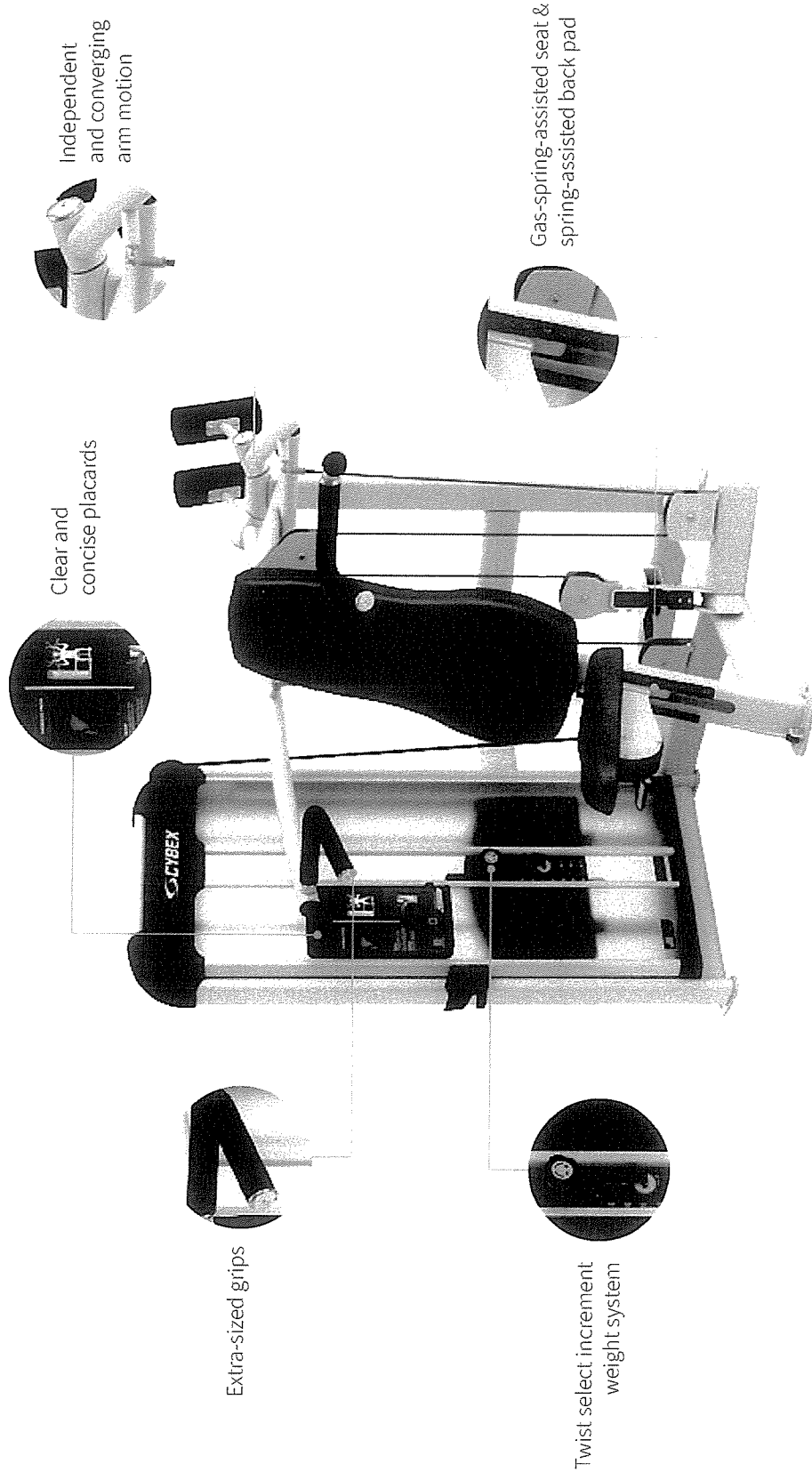
INTRODUCING
PRESTIGE
STRENGTH™ | VRS

20+ pieces of superior design for every body.



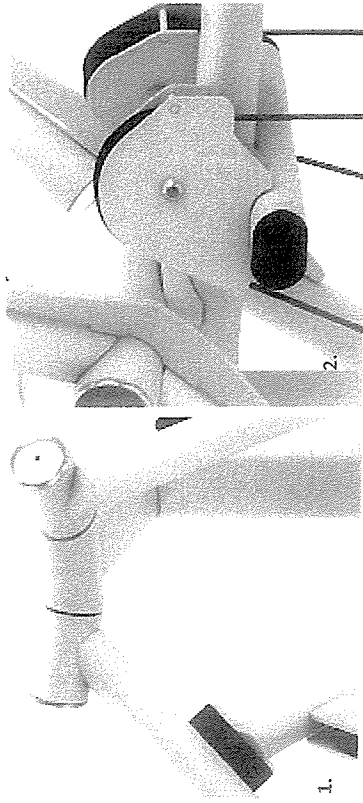
CYBEX®

Truly Meaningful Innovation



Building upon a heritage of scientific innovation and engineering perfection, Cybex offers the most effective strength solutions in the world. Prestige Strength VRS continues this tradition, surpassing our competition's premium strength lines with the striking aesthetics, innovative design, extreme durability, and advanced biomechanics that have distinguished Cybex for over 45 years.

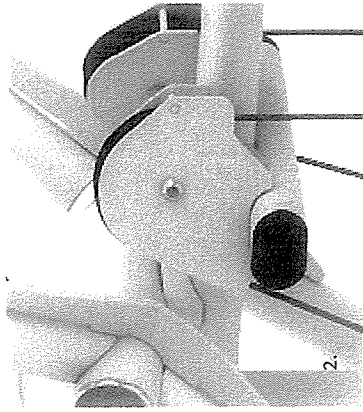
PRESTIGE STRENGTH VRS FEATURES & BENEFITS



1.

1. Independent arm motion (Chest, Overhead, Pulldown, Row)

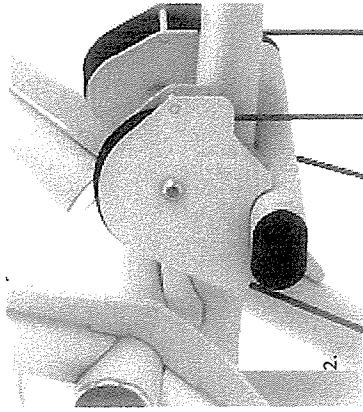
Separate arm motion encourages both symmetrical strength development and training variety.



2.

2. Converging/diverging movements (Chest, Overhead, Pulldown, Row)

Invite natural movement and a more complete range of motion.



3.

3. Smooth and stable adjustments

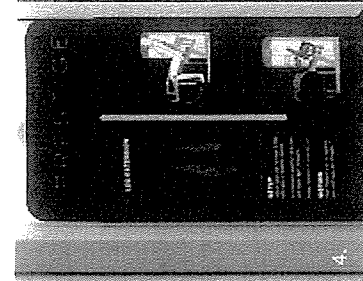
Gas-spring-assisted seats and spring-assisted back pads make it easy for users to get a natural and comfortable workout. High-contrast position indicators make it easy to repeat the position with each use.



4.

4. Clear and concise placards

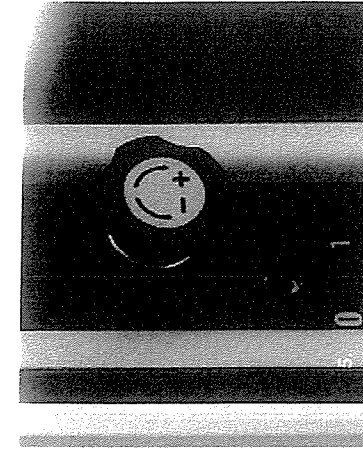
Intuitive, easy-to-read placards illustrate proper set-up, movement and muscles trained. QR codes invite users to access the digital library to view simple, step-by-step videos demonstrating correct form to achieve the best results.



5.

5. Twist select increment weight system

With a simple twist of a knob, quickly adjust the weight in 5-pound (2.5 kg) increments.



5

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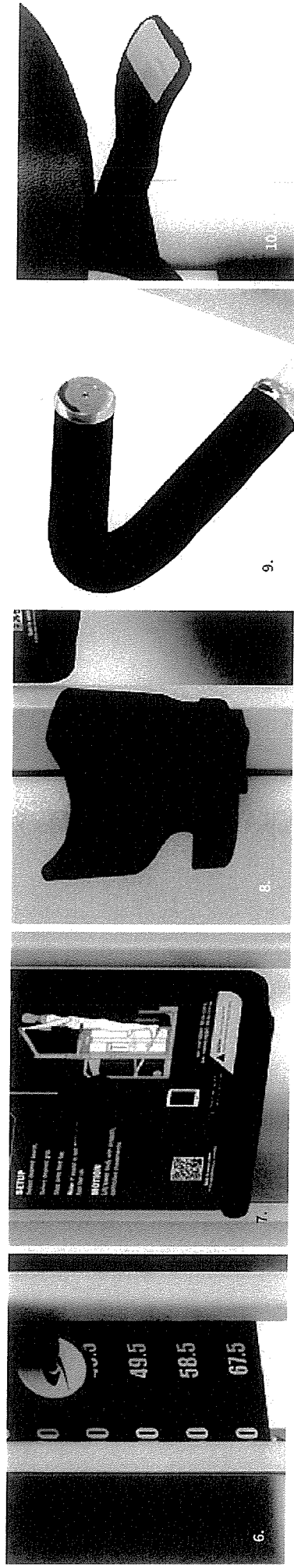
1

Durable, Yet Beautiful

Prestige Strength VRS is designed to inspire – and to last. From its low profile design and contemporary lines, to its distinctive detailing, every piece of our newest strength line is both refined and rugged.

A Premium Experience

Four upper body pieces feature independent arm motion for balanced strength development while converging or diverging movements ensure a more complete range of motion. On all pieces of the line, intuitive and highly accessible adjustments create a distinctly comfortable workout.



6. Enclosed weight stack

Smooth and quiet in operation, the fully enclosed weight stack looks sleek and shields users from contact with the moving weights.

7. Smartphone/tablet holder

Prestige Strength VRS is equipped with an adjustable clip designed to hold any mobile device.

8. Water bottle/towel holder

Convenient water bottle and towel holder is standard on every Prestige Strength VRS machine.

9. Antimicrobial grips

Non-absorbent gripping material provides extra security for users.

10. Brightly colored adjustment indicators

All adjustments are easy to reach and highlighted in yellow to simplify identification.

Range Limiting Device (RLD)

This optional feature allows users to choose a comfortable starting position and ensures that the resistance profile is always optimal, regardless of the range of motion selected – providing safe, effective results and reducing the chance of injury.

Walk Up & Work Out

With the help of clear and concise placards, users can simply adjust the gas-spring-assisted seats, select their weight and start getting strong.

Strength You Can Trust

Nowhere does safety matter more than in strength training. Prestige Strength VRS employs machine-defined paths of motion and optional Range Limiting Devices so users can enjoy equipment that withstands the tests of use and time.

Prestige

Chest Press

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

FEATURES

- **Converging path of motion:** Allows for a more complete range of movement for unparalleled training results.
- **Independent arms:** Offer balanced strength development and bilateral reciprocal training.
- **Extra-sized grips:** Reduce pressure on the hands for greater comfort when pressing.

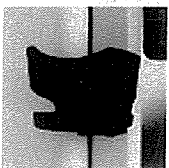
USER AMENITIES



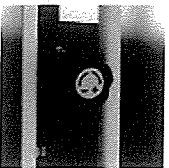
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21000
Dimensions L x W x H	51" x 58" x 71" (130 cm x 147 cm x 180 cm)
Standard Stack	245 lb (111 kg)
Heavy Stack	305 lb (138 kg)
Standard Weight	569 lb (259 kg)
Heavy Weight	629 lb (286 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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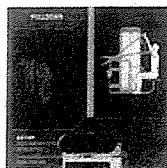
Prestige Pulldown

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

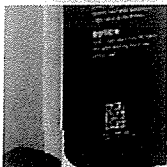
FEATURES

- **Diverging path of motion:** Invites a more complete range of movement for optimal training results.
- **Independent arms:** Offer balanced strength development and bilateral reciprocal training.
- **Adjustable thigh pad:** Optimizes experience for different body types and strength levels.

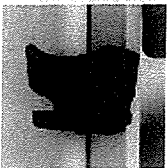
USER AMENITIES



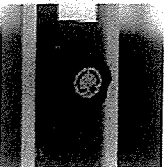
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



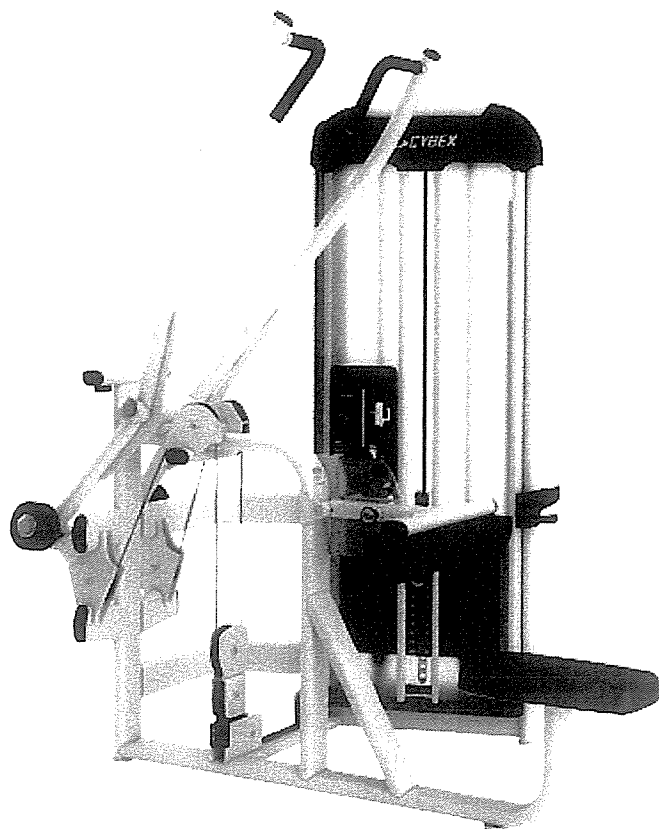
- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21020
Dimensions L x W x H	66" x 44" x 75" (168 cm x 112 cm x 191 cm)
Standard Stack	245 lb (111 kg)
Heavy Stack	305 lb (138 kg)
Standard Weight	558 lb (254 kg)
Heavy Weight	618 lb (281 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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Prestige

Overhead Press

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

FEATURES

- **Converging path of motion:** Allows for a more complete range of movement for unparalleled training results.
- **Independent arms:** Offer balanced strength development and bilateral reciprocal training.
- **Standard and neutral grips:** Provide multiple grip choices.

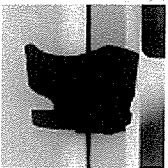
USER AMENITIES



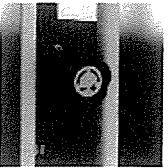
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21010
Dimensions L x W x H	63" x 60" x 58" (160 cm x 152 cm x 147 cm)
Standard Stack	165 lb (75 kg)
Heavy Stack	205 lb (93 kg)
Standard Weight	492 lb (224 kg)
Heavy Weight	532 lb (242 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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Prestige

Arm Curl

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

FEATURES

- **Grips:** Adjust automatically to accommodate all forearm lengths.
- **Gas-spring-assisted seat:** Makes it easy for users to get a natural and comfortable workout.

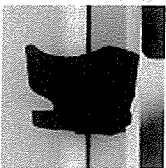
USER AMENITIES



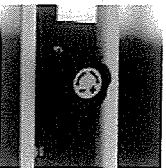
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



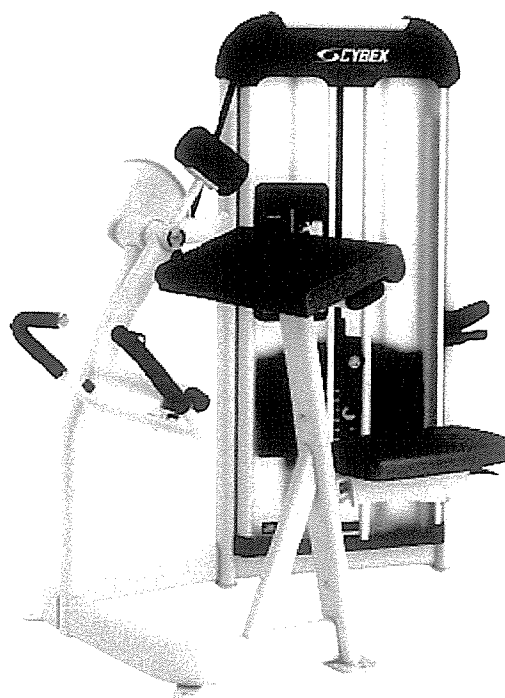
- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21070
Dimensions L x W x H	58" x 40" x 58" (147 cm x 102 cm x 162 cm)
Standard Stack	165 lb (75 kg)
Heavy Stack	205 lb (93 kg)
Standard Weight	425 lb (193 kg)
Heavy Weight	465 lb (211 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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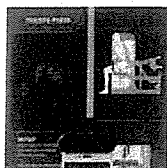
Triceps Press

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

FEATURES

- **Forward tilted back pad:** Provides stability without the use of a seat belt.
- **Extra-sized grips:** Reduce pressure on the hands for greater comfort.
- **Dual grip positions:** Accommodate various body sizes and movements.

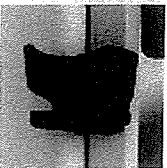
USER AMENITIES



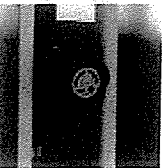
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21180
Dimensions L x W x H	54" x 49" x 58" (136 cm x 125 cm x 162 cm)
Standard Stack	165 lb (75 kg)
Heavy Stack	205 lb (93 kg)
Standard Weight	455 lb (207 kg)
Heavy Weight	495 lb (225 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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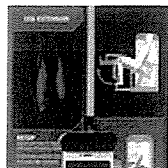
Leg Extension

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

FEATURES

- **Optional Range Limiting Device:** Lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal.
- **Spring-assisted back pad:** Makes it easy for users to get a natural and comfortable workout. Angled back pad relieves hamstring tension.
- **Offset input arm:** Provides optimal positioning without affecting the starting angle of the knee.

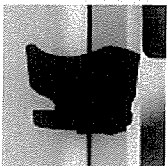
USER AMENITIES



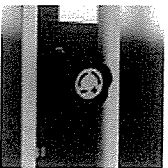
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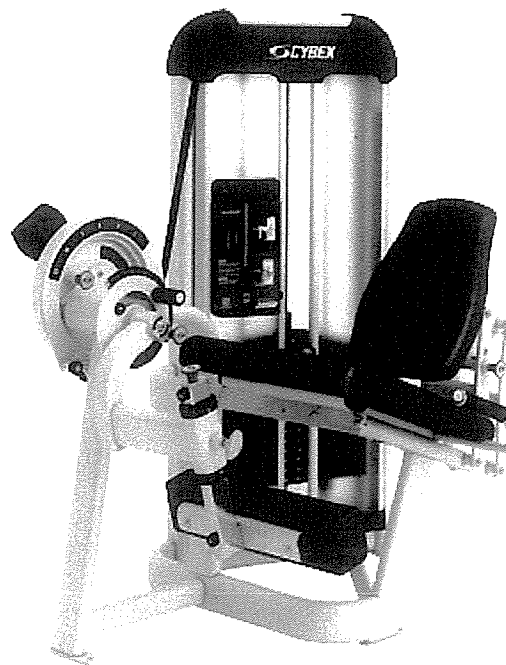
- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21050
Dimensions L x W x H	49" x 41" x 58" (124 cm x 104 cm x 162 cm)
Standard Stack	245 lb (111 kg)
Heavy Stack	305 lb (138 kg)
Standard Weight	565 lb (257 kg)
Heavy Weight	625 lb (284 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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Seated Leg Curl

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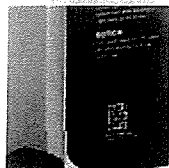
FEATURES

- **Optional Range Limiting Device:** Lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal.
- **Spring-assisted back pad:** Makes it easy for users to get a natural and comfortable workout. Angled back pad relieves hamstring tension.
- **Thigh stabilization pad:** Significantly reduces knee stress as compared to other methods.

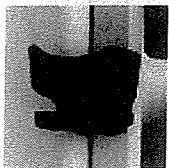
USER AMENITIES



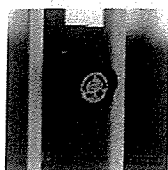
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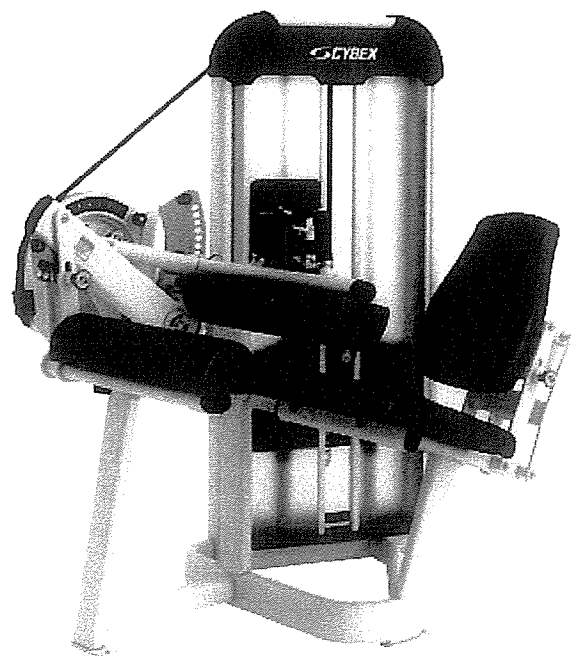
- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21060
Dimensions L x W x H	56" x 39" x 58" (142 cm x 99 cm x 162 cm)
Standard Stack	165 lb (75 kg)
Heavy Stack	205 lb (93 kg)
Standard Weight	535 lb (243 kg)
Heavy Weight	575 lb (261 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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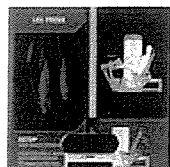
Leg Press

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

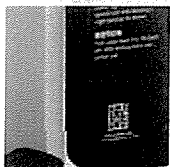
FEATURES

- **Unique four-bar linkage design:** Provides greater hip range of motion and increases hip extensor involvement.
- **Extensive range of start positions:** Accommodates all sizes and shapes.
- **Seat back:** Has five angled positions to increase comfort and range of motion.

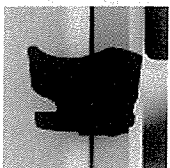
USER AMENITIES



- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



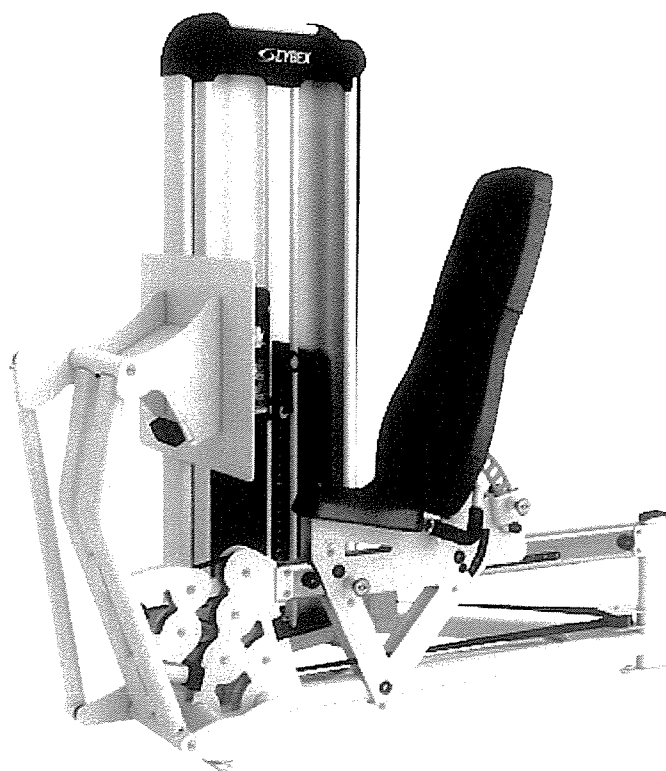
- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21040
Dimensions L x W x H	99" x 41" x 70" (252 cm x 104 cm x 198 cm)
Standard Stack	405 lb (184 kg)
Heavy Stack	505 lb (229 kg)
Standard Weight	845 lb (384 kg)
Heavy Weight	945 lb (430 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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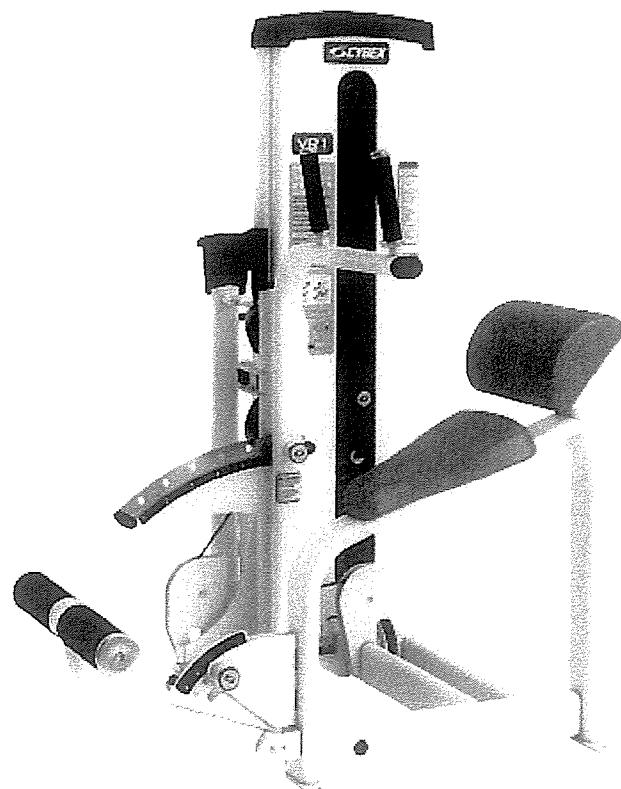
VR1 Duals

Abdominal/Back Extension

Engineered for value. With its streamlined, space-saving design, this sturdy collection of 23 machines offers a comprehensive strength training solution regardless of your facility's size.

FEATURES

- **Space/cost saving duals:** For facilities that are watching their budget and operate in limited space, the VR1 Duals are the answer. An extension of the VR1 line, Duals further capitalize on the compact VR1 footprint by using multi-function mechanisms to get two exercises in one machine. These units provide exceptional flexibility and carry with them all of the same line features and benefits that VR1 provides.
- **Designed like top-of-the-line:** Capitalizing on the effective ab pattern used in both Cybex VR3 and Eagle NX (the arms are straight so the abs do all the work), the VR1 Duals Abdominal/Back Extension uses the same motion in a reverse direction to train the lower back.
- **Focus on the target:** The ab design has taken hip flexors, arms and shoulders out of the movement. The resulting exercise is completely focused on the abdominal muscles. It has to be experienced to be appreciated.
- **Reduced back pain:** Back extension exercises are often prescribed to reduce chronic back pain. The back extension movement loads the spine from the shoulder level promoting more complete involvement of the back extensors. The design also promotes the scapula musculature in providing their stabilizing function of the shoulder.
- **Better range of motion:** A lumbar curved section of the hip pad promotes full range of motion exercise while the patent-pending stabilization ensures that the hips and legs provide optimal stabilization, which allows the user to focus on the exercise. In addition, there are six start positions as adjustable inputs for full range of motion.



SPECIFICATIONS

Product Number	13200
Dimensions L x W x H	49" x 47" x 62" (123 cm x 118 cm x 157 cm)
Light Stack	130 lbs (59 kg)
Standard Stack	190 lbs (86 kg)
Light Weight	410 lbs (186 kg)
Standard Weight	470 lbs (214 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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Cybex Products are Designed
& Built in America.



CYBEX



PPS-237 Multi-Hip Flexor

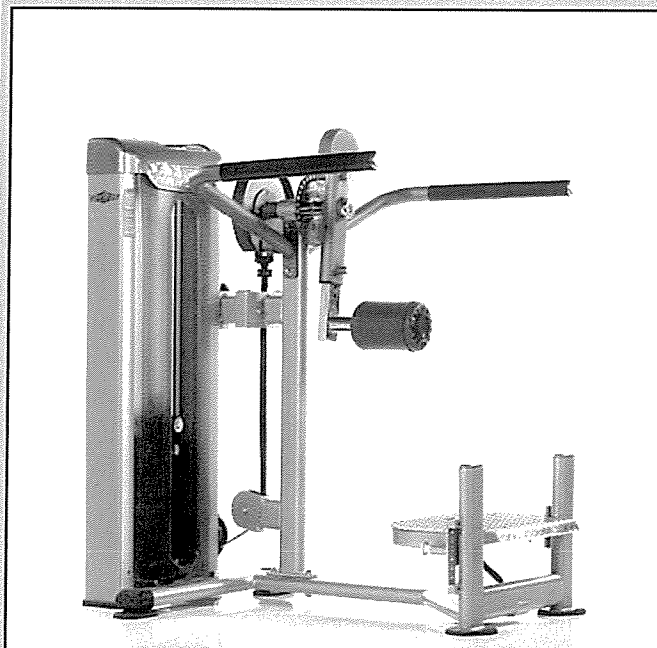
Proformance Plus Specifications

2011 Proformance Plus General product specifications.

PPS-237 Multi-Hip Flexor Exclusive Features:

- Made in USA.
- Gas assist adjustable platform elevation.
- Counter balanced pivot arm, adjustable roller pad & multiple start positions.
- Dual oversized handles offer added support and control.
- Patented 5 and 10 lb piggyback add-on weight system standard.
- 220 lb weight stack standard.

www.tuffstufffitness.com



- Low profile 2"x 4" 11 gauge, welded **oval** steel main frame offers modern styling & improved stability.
- 1" solid **stainless steel** pivot shafts, surrounded by internally encased 2" roller bearings on all primary pivot points.
- **Ergonomic** design and variable resistance cams ensure bio-mechanically correct movements & strength curves.
- All machines include rubber stabilizer feet **pre-drilled** for floor mounting.
- 1/4" thick **7-gauge** steel adjustment cams triple chrome plated for durability.
- High density Commercial EMR Urethane foam padding bonded to **1" thick** premium plywood backing supported with grade 8 zinc plated locking hardware and polished aluminum end caps.
- **Commercial Naugahyde** upholstery treated to resist bacteria, scuffing, and scratches.
- High strength, low stretch Military Spec Mectrol steel **reinforced Kevlar** belt transport system standard on most machines.
- Full length **dual sided** weight stack safety shields and **custom molded** shield covers with integrated storage compartments and exercise guides on most units.
- Patented Rotating Axial Convergence (R.A.C.) and Rotating Axial Divergence (R.A.D.) technology on all converging and diverging units mimics natural articulation of shoulder joint for **improved feel and bio-mechanics**.
- Piggyback add-on weight system combined with **Precision steel** weight stack and lanyard secured magnetic weight pin standard on most machines.

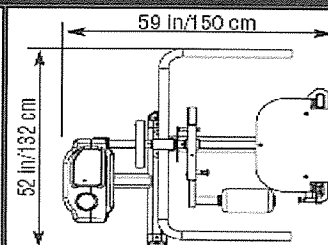
Full Commercial Warranty

10 Years: Frame, welds, cams and weight plates.

5 Years: Pivot bearings, pulleys, bushings, gas shocks & guide rods.

1 Year: Belts, Linear bearings, pull pin components, and all other parts not mentioned.

6 Months: Upholstery, cables, finish, and rubber grips.



Ht: 58 in/147 cm SH Wt: 620 lb/281 kg

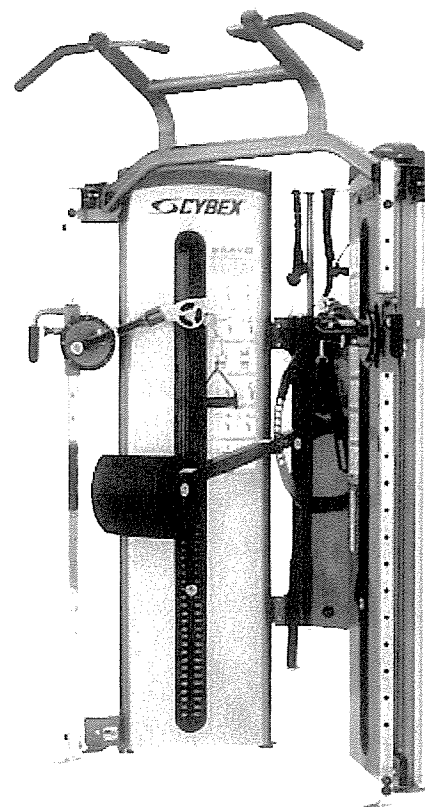
Bravo All-in-One Functional Training System

The truly innovative Bravo™ Functional Training System combines unique technologies and the best aspects of selectorized and cable-based strength training equipment to offer simple, safe operation, expanded functionality and better results.

FEATURES

- **Progressive Stabilization System:** The Bravo Functional Trainer features the patented Progressive Stabilization System, which is a pad that adjusts for height and horizontal position. The system offers maximum support (like selectorized equipment) or free standing movement (like most functional trainers). It gives users a greater variety of training options, and compared to other free-standing machines, the system delivers a 212% increase in load capacity, a 184% improvement in core activation, and a 38% strength gain over free standing cable systems.
- **Advanced Cable Adjustment:** The Bravo Functional Trainer includes the Advanced Cable Adjustment System, which lets users control the height and width between the cables' origin. This means the direction of resistance can be completely controlled. Welcome to a new level of versatility and almost endless training possibilities.
- **Dual weight stacks:** Two weight stacks allow for fully independent motion and asymmetrical loads for single users, or individual stations for two users.
- **Variable grip chinup bar:** The integrated chinup bar's higher position and multiple grip options target different movements and muscles.
- **Dedicated accessories*:** Grips, straps and bars are available to produce an almost unlimited array of exercises and functional applications.

*Optional Utility Bench available



Cybex Wins Prestigious FIBO Innovation Award 2012 for the Bravo series' patented Progressive Stabilization

SPECIFICATIONS

Product Number	8800 Bravo, Compact, 2:1 8810 Bravo, Tall, 2:1 8830 Bravo, Compact, 4:1 8840 Bravo, Tall, 4:1
Dimensions L x W x H	45" x 54" x 77" (114 cm x 137 cm x 196 cm); 45" x 54" x 87" (114 cm x 137 cm x 221 cm)
Weight Stacks	8800 Compact: 170 lbs (77 kg); 8810 Tall: 170 lbs (77 kg); 8830 Compact Light: 170 lbs (77 kg); 8830 Compact Heavy: 325 lbs (147 kg); 8840 Tall Light: 170 lbs (77 kg); 8840 Tall Heavy: 325 lbs (147 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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